

Table 1. Post Hoc Tests - Differences of Least Squares Means (Baseline, Post-Course and Two-month measures)

Composite Index	Difference		Estimate	Std Error	DF	t Value	Pr > t	Tukey Adj P
	Pre_Post	_Pre_Post						
Cognitive Resources	baseline	post_course	-0.428	0.129	61	-3.31	0.002	0.004
	baseline	two_month	-0.334	0.133	61	-2.51	0.015	0.039
	post_course	two_month	0.093	0.142	61	0.66	0.513	0.788
Positive Emotions	baseline	post_course	-0.519	0.169	59	-3.07	0.003	0.009
	baseline	two_month	-0.415	0.176	59	-2.35	0.022	0.056
	post_course	two_month	0.104	0.192	59	0.54	0.590	0.851
Negative Emotions	baseline	post_course	0.684	0.217	59	3.16	0.003	0.007
	baseline	two_month	0.644	0.226	59	2.85	0.006	0.016
	post_course	two_month	-0.040	0.246	59	-0.16	0.870	0.985
Total Happiness	baseline	post_course	-0.537	0.208	61	-2.58	0.012	0.033
	baseline	two_month	-0.527	0.215	61	-2.45	0.017	0.044
	post_course	two_month	0.010	0.229	61	0.04	0.967	0.999

Table 2. Summary of Post Hoc Tests for Individual Measures

Composite Index	Measure	Test of Difference from Baseline (Tukey Adj p-value)	
		post_course	two_month
Cognitive Resources	Savoring Beliefs Inventory	0.001	0.001
	Mindful Attention Awareness Scale	0.214	0.283
	Self-Compassion Scale	0.013	0.024
	Emotion Regulation Questionnaire - Reappraisal	0.016	0.023
	Emotion Regulation Questionnaire - Suppression	0.261	0.510
	Gratitude Questionnaire	0.015	0.121
	Rosenberg Self-Esteem Scale	0.069	0.105
	Positive Rumination Scales - Emotion Focus	0.009	0.342
	Positive Rumination Scales - Dampening Focus	0.306	0.164
	Positive Rumination Scales - Self Focus	0.099	0.425
Positive Emotions	Dispositional Positive Emotion Scales - Joy	0.006	0.033
	Dispositional Positive Emotion Scales - Contentment	0.006	0.023
	Dispositional Positive Emotion Scales - Pride	0.100	0.365
	Dispositional Positive Emotion Scales - Love	0.027	0.146
	Dispositional Positive Emotion Scales - Compassion	0.303	0.795
	Dispositional Positive Emotion Scales - Amusement	0.306	0.555
	Dispositional Positive Emotion Scales - Awe	0.308	0.319
Negative Emotions	Beck Anxiety Inventory	0.121	0.164
	Beck Depression Inventory	0.002	0.010
Total Happiness	Subjective Happiness Scale	0.056	0.071
	Satisfaction with Life Scale	0.078	0.092